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5

KEY ELECTION ISSUES FOR ALBERTA'S BIG CITIES

Alberta's big cities have a wish list heading to the polls today. Here are five things Edmonton and Calgary want or even desperately need.

Tim Querengesser

Metro | Edmonton



METRO FILE PHOTO

1 Affordable housing

Former Liberal prime minister Paul Martin took Ottawa out of the affordable housing business more than two decades ago. Ottawa, under the Conservative Party, has not re-entered the fray, a situation that sees a lack of investment push those on the margins onto Edmonton and Calgary streets. Edmonton Mayor Don Iveson said not housing the vulnerable is ultimately the more expensive reality, jacking up costs for health care, policing and jails. “Providing affordable housing now to those who need it is an investment that costs taxpayers far less than managing people on the street,” he wrote in a recent call-out to Edmonton voters to vote for cities.

2 Infrastructure

Infrastructure is the most boring of words but often the most apparent of needs in cities. Bridges, roads and other hard parts keep our cities humming, or — as illustrated by Toronto’s crumbling Gardiner Expressway — threaten to see it paralyzed. Both Calgary and Edmonton are growing like ant colonies, sprawling cities with quickly emerging needs rather than Eastern Canada’s more manageable pace of growth. Infrastructure in Alberta means keeping up with essentials rather than wanting improvements.

3 Transit

Edmonton and Calgary are two of Canada’s fastest growing, youngest cities. This demographic profile means voters see public transit, and in particular light rail, as a must-have investment promise. Unsurprisingly, all three leading parties have transit investments as central promises, a situation Mayor Don Iveson has called a “bidding war” for city votes. Promises see transit money on offer in the billions, not millions. But the differences are in the details: the Conservatives continue to push private-public partnership contracts for funding major projects; others are offering their investments without the controversial funding approach.



METRO FILE PHOTO

4 Reliance on resources

The precipitous change in the price of oil — which never dipped below \$90 per barrel from 2011 to 2014 but has since seen a bucket of crude paralyzed at near \$50 — has hit Calgary’s economy somewhat harder than Edmonton’s. Nevertheless, the oft-repeated refrain that Alberta must diversify its resource economy (a message former premier Peter Lougheed was conveying 45 years ago) is again an issue. Some of the parties see the free market as the way forward — low taxes, small government; others see the need for transformative projects and, perhaps, big spending.



THE CANADIAN PRESS

5 Cities

All four issues already covered here can be encapsulated in one dollars-and-cents reality: cities, as creations of provincial governments, are limited in how they can tax and raise money for things. As Edmonton Mayor Don Iveson points out, cities can raise only \$0.08 for every dollar of the money they spend. That means they’re at the whim of other governments for cash. Both Iveson and Calgary Mayor Naheed Nenshi — along with 19 other of Canada’s big-city mayors — have pushed for cities to have a regular seat at the table with Ottawa. Some even want a Minister of Cities to be created.



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CATHOLIC SCHOOLS

Erased tape gets restored, released



Braeden Jones
Metro | Edmonton

Infighting between Edmonton Catholic School District trustees continued Friday after the deleted audio that sparked a police investigation was recovered and released.

The audio of an Oct. 1 meeting was erased that day by trustees Marilyn Bergstra and Patricia Grell because the recorder was left running after the meeting adjourned. Grell said Thursday they meant to erase a "private conversation" from after the meeting, not the entire file.

Bergstra backed Grell's story, saying there was "no ill intent."

On Friday, former board chair Debbie Engel released the audio because of what she called "inconsistencies" with Grell's account.

The tape opens with Engel voicing her frustration at Grell for leaking an internal document from the council of Catholic school superintendents in September, which was meant to inform the district's gender identity and expression policy.

Then, once alone, Grell and Bergstra discuss how the failure to pass that policy Sept. 15 and the ensuing drama are "ridiculous" and how the new policy was not ready and lacked consultation.

The two trustees then share details of a secondhand conversation in which someone at the now-infamous Sept. 15 meeting made disparaging comments about Engel — and then they notice the recorder.

They fumble with it, someone says, "rewind it," someone whispers "erase," and after they decide to "turn it off," it ends.

WITH FILES FROM TIM QUEREINGESSER

Historic apartment brought to rubble after fire takes hold

SLUGLINE

Renovated building was ready for new tenants



Ryan Tumilty
Metro | Edmonton

The owner of an Edmonton apartment building said it was one of his "saddest days" when he learned Saturday that his historic building had burned to the ground.

"This is a net loss to us. Insurance will no way cover the value

of this building. It was art," said Bob Dhillon, CEO of Mainstreet Equity Corp about the Leamington Mansion.

Fire officials pegged the damages in the blaze that gutted building at \$2.65 million on Sunday, but were still determining a cause for the fire.

Dhillon said the building was a masterpiece with unique elements that simply can't be replaced.

"It had large hotel-sized hallways, it had a 100 per cent wood staircase going up. You had skylights at the top of the building that brought in a lot of light," he said. "It just had all these features that nowadays nobody has."

Crews were called out to the

historic building near Jasper Avenue and 114 Street shortly after 4 a.m. and encountered a fully engulfed building, leading them to call in a second alarm to bring more crews to the site.

That brought out a total of 50 firefighters to tackle the blaze, but the building was reduced to little more than a skeleton by 6:30 a.m. when crews deemed it under control.

Public information officer Holly Budd said there was only one minor injury, despite the size of the blaze.

"There were no injuries to firefighters. I believe there was a resident of one of the neighbouring buildings that was treated for smoke inhalation, but it was

“Insurance will no way cover the value of this building. It was art.”

Bob Dhillon

minor," she said.

Budd said two neighbouring buildings did suffer some damage.

Dhillon said he is sad for his entire team that brought the building back from a state of ruin.

"When we got involved it was a condemned building, it was vacant and they would not let

anyone into the building."

The company was already advertising the units and Dhillon said he hoped to have tenants moving in sometime this winter.

"We spent so much money on the roof, plumbing, windows and the electrical. The only thing left was the aesthetics inside," he said.

The company is based on Calgary, but owns hundreds of units in Edmonton. Dhillon said there are still too many questions to answer before the company can decide on next steps, but he is coming to Edmonton this week to start coming up with a plan.

For photos and video, head to metronews.ca



A firefighter walks through what little remains of the Leamington apartments after a massive fire gutted the building early Saturday. KEVIN TUONG/FOR METRO

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Ballots to be kept a decade

ELECTION 2015

Each vote will be counted, logged and sealed away



Andrea Ross
Metro | Edmonton

Millions of VIPs will land in Ottawa this week — very important papers, that is.

Elections Canada produced 26.4 million ballot papers this year. That's one for each eligible voter in the country, and they won't just end up in the recycling bin once the votes are counted.

"The ballots are packed into boxes and shipped to a central location in Ottawa where they're kept in archives for a period of 10 years," Elections Canada spokeswoman Leanne Nyirfa said.

"Our system is very prescribed and well thought out."

After each vote is counted Monday night, each ballot will be numbered and tracked, in-



Elections Canada says it produced 26.4 million ballot papers this year — one for each eligible voter. After 10 years they will be destroyed in an environmentally friendly way. THE CANADIAN PRESS

cluding unused ballots. They will be sealed in envelopes, then sealed inside the poll bag and placed back into the ballot box.

The Deputy Returning Officer then places the box in a secure area until the validation of results, which happens



Our system is very prescribed and well thought out.

Leanne Nyirfa

shortly after the election. Once this is done, they are shipped to Ottawa.

It's a closely monitored process dictated by a 52-page guidebook, Nyirfa said.

"We need to record the number of each ballot onto a form, so they're not just

thrown in (the box)," she said. "And we make sure they're sent securely in transportation."

Nyirfa said she expects about 71,000 boxes of ballots to arrive at the Ottawa warehouse this year — an undisclosed location she said is even more organized than a library.

And that's important, considering how tight some of the races can be in some of the country's 338 electoral districts, she added.

"There wouldn't be a nation-wide recount of all these ballots, but there might have been a race where it was really tight and they request a recount," Nyirfa said. "That happens quite commonly."

The thousands of boxes of ballots will meet their demise 10 years from now, destroyed in an "environmentally friendly way," Nyirfa said.

Elections remain a paper-heavy process, despite electronic advances.

Nyirfa has a quick answer when asked whether Elections Canada was considering moving away from the paper ballot.

"Simple answer," she said. "No."

IN BRIEF

Grand Chief, premier discuss Treaty 7

Grand Chief Charles Weaselhead and Alberta Premier Rachel Notley met in Calgary Friday to discuss Treaty 7 and repairing the partnership between Alberta and indigenous governments of the treaty.

"There's a willingness to work together so that we can begin to bring a higher quality of life to our First Nation people," said Weaselhead.

Treaty 7 is one of three historic treaties Canada signed with indigenous people who governed what became Canada before Alberta was created.

TARYN BRANDELL/FOR METRO

EPS shut down pizza joint after finding beer on-site

Police briefly shut down a pizza restaurant on 118 Avenue last month after they found boxes going out the door filled with more than just pizza. Public tips led Edmonton police to do a search warrant on the restaurant. Inside, they found 240 cans of beer and 100 bottles of hard liquor worth \$1,800. ANDREA ROSS/METRO

IN THE LIGHT OF TRUTH THE GRAIL MESSAGE

"...I wish to fill the gaps which have so far always remained unanswered in the souls of men as burning questions, and which never leave any serious thinker in peace, if he honestly seeks for the Truth." -ABD-RU-SHIN

PUBLIC LECTURE

TOPIC: 'The Purpose of Man and his Responsibilities in Creation'

DATE: OCTOBER 24, 2015

VENUE: Edmonton Room
Edmonton Public Library
7 Sir Winston Churchill Square
Edmonton, AB. T5J 2V4

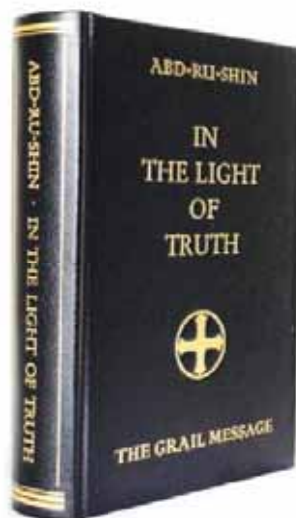
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AMVIC



IN BRIEF

NDP candidate's home allegedly vandalized

A local NDP candidate says his home was targeted with vulgar graffiti in an apparent attack on his candidacy.

Aaron Paquette, the party's standard-bearer in Edmonton Manning, wrote on Facebook last week that his garage was spray-painted and an outdoor light fixture smashed.

In the post, he said it deeply disturbed his wife, who saw the damage while pulling out of the driveway.

METRO

ETS expands Smart fleet

More of Edmonton's buses got smart on the weekend; routes 8, 9 and 512 are now equipped with Smart Bus technology to offer real-time bus location data online.

Routes 8 and 9 are two of ETS' busiest, and the 512 is one of the Late Night Owl buses, which began offering service until 3 a.m. in early September.

Users of all three routes will have access to real-time departure information and enjoy automated announcements while on the bus as it approaches each stop.

ETS has been moving towards its goal of equipping its entire fleet of 929 buses with the Smart bus enhancements by the end of summer 2016.

So far, more than 300 buses have been converted.

METRO

City abandons argot

PLAIN LANGUAGE

Development permit letters being simplified



Braeden Jones
Metro | Edmonton

The City of Edmonton has dropped the jargon from its development permit notification letters.

The letters are legally required and are used to inform residents of proposed developments in their area.

When the new notifications are sent out on Tuesday, residents will see "more plain language" than in previous letters, according to Livia Balone, director of development and zoning services.

"We wanted people to have a better understanding of what the development variances are and help clarify expectations," Balone said. "We used a lot of legal planning jargon before."

Some specific terminology like "grade" or "setback" is still used, but now the letter includes a diagram to explain what that means.

"The diagram illustrates common zoning bylaw terms," Balone said. "It shows you what a rear setback means, principal building, accessory building, stuff like that."

She said the new letters also cite zoning bylaw section numbers, "so if somebody wanted to appeal the development, they know exactly what sections to refer to."

Plain language, the inclusion



The city is hoping that the new letters will help neighbours understand what is being proposed in their neighbourhood. RYAN TUMILTY/METRO



It was a priority for us to give people what they were asking for.

Livia Balone

of a diagram and the specific bylaw reference numbers are recommendations from two pub-

lic surveys the city held—one in December 2014 and one in April 2015—to find what residents wanted to see in the letters.

People also asked for direct contact information for the city development officer, which will also be included on every new notice.

"We know these letters needed to be updated, we had received a number of complaints about them... it was a priority for us to give people what they were

asking for," Balone said.

She explained the end result is a coherent letter that will be easy for residents to understand and use.

"It will provide them with the information they need to determine if they want to make an appeal or not," she said. "It's basically providing — using plain language — what the proposed development is and what variances there are to the zoning bylaw."

ENVIRONMENT

Charges follow tailings pond spill

Two companies have been charged over a huge 2013 spill from a coal tailings pond that fouled tributaries feeding the Athabasca River.

Coal Valley Resources Inc. and Sherritt International Corporation face six charges under Alberta's Environmental Protection Act, Public Lands Act and Water Act. The charges follow a spill of about 670 million litres of waste water that gushed out of a broken earth berm at the Obed Mountain mine near Hinton on Oct. 31, 2013.

The Alberta Energy Regulator said material in the spill included minerals, bits of coal and a substance used in coal production. Groups citing data from Environment Canada's National Pollutant Release Inventory have said that toxic compounds such as arsenic, mercury and cadmium were being dumped into the ponds in years prior to the spill.

In the weeks following the spill, the province advised downstream communities not to draw water from the river and farmers not to let livestock drink from it. Two tributaries of the Athabasca River were affected.

Sherritt said it was reviewing the charges.

A draft report prepared for Sherritt by Millennium EMS Solutions Ltd. on the spill earlier this year concluded it did not pose a threat to human health.

The companies are to appear in Hinton provincial court on the charges on Jan. 20.

THE CANADIAN PRESS

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DENNY'S PRIVATE SALE PRICE

\$24,989



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#15EP113

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DENNY'S PRIVATE SALE PRICE

\$21,969

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\$30,996



2015 EXPLORER 4X4

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FORD MSRP \$41,599
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Liberal Leader Justin Trudeau spoke to a room packed with supporters in Mill Woods on Sunday and said Conservatives should take a hard look at their party. RYAN TUMILTY/METRO

Trudeau makes last stop in Edmonton

ELECTION 2015

Liberal leader
says his party
will bring jobs
to Alberta



Ryan
Tumilty
Metro | Edmonton

On the last day of the campaign, Liberal Leader Justin Trudeau made a push for Edmonton voters to consider his party as the best choice for Alberta.

Early Sunday, Trudeau addressed a packed banquet hall in Mill Woods and said his party would make sure Ed-

monton had a strong voice in Ottawa.

"You deserve a government that doesn't take your votes for granted or assumes it will have your votes because of where you live," he said.

Trudeau acknowledged the province's economic difficulties and said his government would bring jobs to Alberta.

"You deserve a government that can create jobs here in Edmonton and across Alberta, a government that will work with this province and this city," he said. "The time to invest in Alberta is now, when people need help."

After the 2011 election, all but one of Alberta's 28 ridings was in Conservative hands.

Trudeau said Conservative voters should take a hard look

at their party this time.

"We don't need to convince them to leave the Conservative party. We just need to show them that Stephen Harper's party left them behind a long time ago," he said.

Candidates Amarjeet Sohi (Edmonton-Mill Woods), Karen Leibovici (Edmonton-West) and Randy Boissonnault (Edmonton-Centre) introduced Trudeau to the crowd that organizers estimated at 1,500 people.

Sohi said local candidates were prepared to be strong voices in Ottawa for Edmonton.

"As your Liberal candidates, our goal is to work with you to build safe and inclusive communities," he said.

"Edmonton needs strong leadership in Ottawa to demand accuracy and fairness."

PARTNERSHIP

Uber and Air Miles team up to offer rewards program



Braeden
Jones
Metro | Edmonton

Ride-sharing company Uber, a success story of the new sharing economy, has partnered with 23-year-old travel rewards program Air Miles to give more incentives to new users.

People who collect Air Miles points can earn 100 Miles when they sign up as first-time Uber riders.

Uber spokesman Jean-Chris-

tophe De Le Rue said Uber gains "thousands of new users every month."

"That is why a partnership with one of the most popular rewards companies is a great opportunity that will benefit new users," he said.

New Uber riders who use the promo code AIR MILES will be emailed their Bonus Miles.

Natasha Lasiuk, Air Miles' associate director of marketing, said the partners will "roll out further promotions and offers in the future."

In another attempt to boost its profile, Uber also announced it would offer free rides to and from federal election polls in nine major cities on Monday.

Uber will taxi voters to polls in Edmonton, Calgary, Toronto and the GTA, Ottawa, London, Hamilton, Waterloo, Quebec City and Montreal.

Rides will be free "up to \$15 each way" on Oct. 19. The promotion is exclusive to new Uber users, who can sign up using the promo code Canadavotes.

READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

Building a bridge to democracy in Canada



ROSEMARY WESTWOOD
Metro

Meeting David Berlin gives you a jolly, fizzy feeling, like someone just cracked the two-litre tonic bottle and you can already taste the tingly gin. Like the fun is imminent.

That's not the feeling I have about this election, although I will grudgingly vote. It's not just that I'm exhausted — I'm uninspired. And so I sought out Berlin. I'd heard he was excitable and passionate about our democracy.

Berlin bubbles with Santa Claus-style joy and the professorial charm of a Bernie Sanders, the same wispy hair that flies — like his thoughts — in all directions. But he speaks far more quickly, punctuating statements with a twinkle in his eye.

A tall, oval man capped

with a fedora, Berlin launches into an off-topic story the moment he sits down and by the time you wake from his rolling narratives an hour later, you're hooked.

So it shouldn't be, if you're going by charisma ("I'm kinda a charismatic guy! I know," he admits), that you're only hearing of this candidate on election day.

Berlin is offering Canadians maybe the most appealing, and most upending, ideas. He says a major national Canadian newspaper (he won't name which one) would not publish them, even after they'd commissioned a column about his ideas.

Berlin is also the founding editor of The Walrus, the former owner and editor-in-chief of the Literary Review of Canada, a memoirist, journalist — which is to say, a man you can't write-off as

fringe. Despite that, the only mainstream media mention of his party that I could find appeared in a CTV article titled "Rhinos and Pirates: A look at Canada's federal fringe parties."

He's not a revolutionary, he says. Nevertheless, about a year and a half ago he founded a new political party — The Bridge Party — which hopes to remake democracy in Canada.

The aim is to end the election of political parties — the party to end all parties, yes — and instead create a system where Canadians debate policy, find some kind of consensus, and then vote on who will administer that

grassroots vision. They're calling it the "departmental system."

Think of the electorate like city hall, and elections like the request for proposal process. The politicians, such as they'd be, would be experts in finance if they won the bid to run the finance department. Electing a prime minister would be more like selecting a head manager. The PMO wouldn't set policy: Canadians would. It's a vision to put an end to the cult of personality.

And as far as "big ideas" go, it's mammoth. There's a good chance I'll mess up trying to explain it (if Berlin was going to explain all the nuances, it would take

all week, he says).

"Big parties are corporations, they're top down, they monopolize," he tells me. Anti-Harperites "don't mean 'anyone but Harper,'" they mean one of the established parties.

"You're supporting a corporate idea. These guys have the money, they dominate the media," he says.

"Your apathy or cynicism is grounded much deeper than you've gone. It's time to withdraw legitimacy from the system," he says. He rejects the idea that politics should be founded on suspicion, full of checks and balances to keep everyone in line.

"I would like a nice, smooth transition," he says, to a system he argues can take on challenges like climate change, the future of jobs and extremism. "There's a litany of problems com-

ing toward us, and if you listen to (political parties) carefully, they're talking 19th Century vocabulary. They cannot update themselves."

The Bridge Party has a twinge of the absurdist — I ask what his family makes of it. He says his wife is starting to come around, and his kids wonder, "what's he up to now."

"When I started the Walrus, there wasn't a yay-sayer around," he notes, optimistically. "I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't."

Still, ignored by media and facing the ire of mainstream party-faithful friends, Berlin is finding this project "lonely."

"I have not been successful with this idea," he says, somewhat disheartened sounding.

"Yet?" I ask.

"Yet."



I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't.

David Berlin, leader of The Bridge Party of Canada and founding editor of The Walrus

Prominent Canadians have their say

To create a political system that engages young people. To reinforce the importance of First Nations. To make greenhouse gas emissions a top priority in Ottawa. Because every opinion matters. Those are just a few of the reasons prominent Canadians say they're voting today — and Facebook hopes they'll give others an extra incentive to do the same. Messages from musicians, environmentalists, TV personalities and more are being featured today on Facebook Canada's page as the platform works with Elections Canada to boost voter turnout.

Here's what some of the famous faces have to say. **ANGELA MULLINS METRO**



Craig Kielburger
Free the Children

"I'm voting for a political system that engages and includes young people. Youth issues have a ripple effect. They impact everyone and our country's ability to thrive."



David Suzuki
The David Suzuki Foundation

"I'm voting because we have had 10 years of no government action to reduce Canada's greenhouse gas emissions. This is the most important issue that isn't being raised by the media."



Damian Warner
Pan American decathlete

"Our lives have been shaped by our history ... a history of men and women who sacrificed their lives for the freedom we enjoy today. An important part of that freedom is the ability to choose those who govern us."



Perry Bellegarde
Assembly of First Nations

"I will vote on Oct. 19 to reinforce my message that First Nations' priorities must be Canada's priorities and that we must close the gap in the quality of life between First Nations people and Canadians."



Jann Arden
Musician

"I am going to vote because it's an honour and a privilege that many people in the world are denied. I am going to vote because my voice matters and what I think matters. I am going to vote because I want change. I am going to vote because it is my right as a free and democratic Canadian."

DID YOU VOTE? TELL YOUR FRIENDS!

Facebook is rolling an "I'm a voter" button onto news feeds of Canadians who are 18 and older today.

When you tap it, you can proudly declare that you've done your civic duty or you can simply click through to Elections Canada's website for voter information.

ALL PHOTOS VIA FACEBOOK

SAFETY

Imposter helmets raise concerns

Biomechanical engineer Alyssa DeMarco is distressed whenever she spots two nearly identical snow-sport helmets — with a subtle difference that could be life shattering.

Superior helmets are certified by an international standards organization, but in Canada there's no law on safety regulations for ski or snowboard headgear.

Imposter helmets are a big concern as Canadians prepare for another winter sport season, said DeMarco, who leads the helmet-research team at MEA Forensic, a collision and injury reconstruction firm in Vancouver.

B.C. coroner Timothy Wiles wrote in a report into the November 2013 death of a teen snowboarder who suffered a traumatic brain injury that helmets may significantly reduce injury and mortality rates.

But in a sports culture that

has now vastly accepted helmets, it's the danger of substandard products that worries DeMarco.

She's seen inadequate helmets at the Whistler Blackcomb ski resort many times and said it's hard for consumers to tell the difference.

"They're the same price, the same look, similar boxes," DeMarco said. "You could very easily get confused and end up buying a hard-hat helmet, which is lacking what makes a helmet a helmet."

The major distinction is an energy-absorbing liner, she said, adding the deficiency would not exist if the federal government required only certified helmets be sold.

Canada crafted its own regulation in 2008 but it's already outdated, DeMarco said. She recommends policy-makers turn to international standards.

THE CANADIAN PRESS



In-app purchases are normally available in games that are advertised as free to download. ISTOCK

POST-SECONDARY INSTITUTIONS

'Echo chambers' boost online threats: Experts

Social media experts say two threats against Ontario universities in the past few days are symptoms of an online "echo chamber" that creates a breeding ground for hoaxes, but note the penalties for such pranks can be severe.

A threat against Wilfrid Laurier University in Waterloo, Ont., was posted online Friday, and a second was posted against McMaster University in Hamilton, Ont., Saturday.

The threat against Laurier, posted anonymously on the forum 4chan, triggered a lockdown that paralyzed the Waterloo campus for nearly six hours. The lockdown started at about 6 a.m., and was lifted at about 11:30 a.m., said spokesman Kevin Crowley.

There was no lockdown at McMaster but police said there was increased security on campus.

Police said they considered the Laurier threat credible, in part due to its similarity to a warning posted before the Oct. 1 shooting rampage at an Ore-

gon college that resulted in 10 deaths, including the gunman.

A photo shared on Twitter showed a 4chan post that featured an image of a frog holding a gun and read: "Don't go to Laurier science building hall tomorrow. happening thread will be posted in the morning."

A post that preceded the Oregon shooting featured the same image with a similar message. And just a week ago, the University of New South Wales in Australia was similarly threatened on 4chan.

"We're in a cultural moment now where it feels very possible that someone may come and do violence on a university campus," said Aimee Morrison, a professor who specializes in digital communication at Waterloo.

"So even if someone is going on 4chan to make threats for the 1/8 sake of personal amusement 3/8 to see what kind of pay off they can create, it does in fact inspire real terror for the people who may be affected," she added. THE CANADIAN PRESS

Parents gonna let Kanye finish rant on in-app buys

TECHNOLOGY

Rapper latest to bemoan purchases in kids' games

Toronto single mom Robyn Holmes sympathizes with Kanye West.

Like the hip-hop star, who recently dropped an F-bomb on Twitter over in-app purchases for kids' mobile video games, Holmes has been burned by her young child inadvertently racking up a bill on her tablet.

In Holmes's case, her then-four-year-old daughter was playing Angry Birds and clicked on over a dozen in-app purchase prompts to advance to new levels.

"Then I start receiving these emails on my device, 'Thanks for your purchase,' and I'm like, 'Oh

my God, what purchase?'" recalls Holmes, an IT problem manager.

"I look and all of a sudden I've got this \$80 bill for stuff that she's bought."

Holmes didn't realize that certain settings on the tablet allowed her daughter to make in-app purchases. She's since learned her lesson — one that West clearly did as well, based on his recent tweet that started with an expletive and then derided "any game company that puts in-app purchases on kids games!!!"

"That makes no sense!!! We give the iPad to our child and every 5 minutes there's a new purchase!!!" West continued in another tweet.

"If a game is made for a 2 year old, just allow them to have fun and give the parents a break for Christ sake."

Actor Jack Black has also been affected by costly in-app purchases, lamenting on The Tonight

Show Starring Jimmy Fallon in May that his young son spent \$3,000 on just one game.

In-app purchasing is typically available in games that are advertised as free to download. Sometimes just the first few minutes of play are free, or users may be tempted with the option to buy more lives, bonus features or premium content with real money.

Digital media expert Aimee Morrison, associate professor of English at the University of Waterloo, says the problem im-

adds. Some games offer dozens of hours of fun for just a few bucks, while others require substantially more.

The biggest piece of advice from experts is for parents to change settings on their devices to prevent children from making such purchases.

Parents can also seek out kids' games that don't have such traps.

Toronto-based studio Sago Sago, for instance, makes apps that are free of in-app purchases and third-party ads for children

“We give the iPad to our child and every 5 minutes there's a new purchase!!!” Part of Kanye West's tweets

proved somewhat after developers of "free" games started indicating in-app store descriptions when in-app purchases were available.

But the total cost of in-app purchases can vary wildly, she

two to four. Instead, most of the apps cost \$2.99 upfront.

"It creates challenges for us but the reality is that we've won the trust of a lot of parents," says CEO Jason Krogh.

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🍁 ELECTION 2015

Liberals surf into lead in last of public opinion polls

Canada's extraordinarily long 78-day election campaign that culminates Monday was always going to be one for the record books, and what transpired over the campaign's final weekend is eye-popping.

There was tough-on-crime Conservative Leader Stephen Harper with his drug-demonizing campaign strategy holding a Saturday night rally in Toronto with former Toronto mayor Rob Ford, the world's most celebrated crack addict of 2014, just as new revelations were published detailing Ford's bizarre and disturbing behaviour while in office.

And there was Liberal Leader Justin Trudeau spending the final day of the race in Edmonton and Calgary while making an electoral pitch to Quebecers and all but trolling Harper's old Alberta-based



Stephen Harper, right, supports Nav Bhatia in Mississauga. JONATHAN HAYWARD/THE CANADIAN PRESS

grassroots.

In downtown Toronto, Mulcair was left invoking the name of Jack Layton on the late NDP leader's old turf in a last-chance bid to restore New Democrat hopes.

What began Aug. 2 as a tight, three-way race with the NDP in the lead and Liberals

trailing appeared to flip on its axis in the final week, with Trudeau's Liberals surfing into election day on a rising wave of public opinion and the New Democrats a distant third in every public opinion poll.

When Parliament was dissolved for the election, the Conservatives had 159 seats

in the 308-seat House of Commons, the NDP had 95 and the Liberals 36.

Thirty new seats have been added this election, including 15 in Ontario, bringing the total to 338 and upping the number of seats needed for a bare majority to 170.

THE CANADIAN PRESS

🍁 ELECTION 2015

Elections Canada expects big turnout

Elections Canada is making preparations to cope with what the agency expects will be a heavy voter turnout for Monday's election.

The agency says in ridings where there is an early count, officials and witnesses present won't be able to leave and others won't be able to enter the room before the counting session ends.

Elections Canada is preparing for contingencies because of the higher turnout for advance polls last weekend.

Some 3.6 million ballots were cast over a four-day period — an increase of 71 per cent over advance ballots in the 2011 election, when only three days of advance polls were held.

THE CANADIAN PRESS



A LOOK BACK AT CAMPAIGN PROMISES

Conservatives

— A "tax lock" law to ban increases to federal personal and business income taxes, sales taxes and "discretionary payroll taxes" such as CPP, EI.

— Set aside \$10 million a year to fund summer jobs in the trades for high school students.

— Continue support for public health-care system and increase health-care funding to the provinces and territories.

Liberals

— Lower the federal income tax rate to 20.5 per cent on incomes between \$44,700 and \$89,401; raise taxes on the wealthiest one per cent.

— Spend about \$1.5 billion

over four years on a youth job strategy to help 125,000 young people find a job.

— Increase federal infrastructure investment to almost \$125 billion, from current \$65 billion, over the next decade.

NDP

— Roll back expansion of income splitting, save seniors splitting pension income.

— Provide up to \$100 million a year to create more than 40,000 jobs, paid internships and co-op placements for youth over four years.

— Invest \$150 million over four years in a green municipal fund to aid sustainable local projects, cleaner transit.

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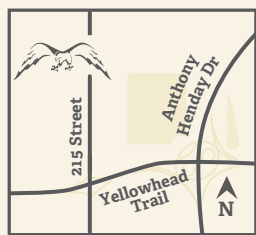




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Cynicism at the ballot box in Egypt

MIDDLE EAST

Doubts mar first election for legislature since 2012

A mix of voters' apathy and frustration characterized elections held Sunday for Egypt's first legislature in more than three years, a chamber widely expected to be compliant with the policies of Abdel Fattah el-Sisi who, as military chief, ousted the country's first freely elected leader before he was elected to office himself a year later.

Egypt's last parliament, elected less than a year after the 2011 ouster of longtime autocrat Hosni Mubarak, was dominated by supporters of the now-outlawed Muslim Brotherhood as well as ultraconservative Salafi Islamists. It was dissolved in June 2012 following a ruling by the nation's highest court that its election was unconstitutional.

A largely toothless upper chamber, also dominated by Islamists, continued to sit until el-Sisi's July 2013 ouster of Mohammed Morsi, when it was also dissolved.

"There's no incentive to vote," declared 38-year-



An Egyptian casts her vote at a polling station in Giza on Sunday. AMR NABIL/THE ASSOCIATED PRESS

old Mohammed Mahmoud, owner of a carpentry workshop across the street from a polling centre in Boulaq el-Dakrou, one of the most densely populated districts in Egypt.

"Even if a candidate has a platform, I don't think it's true. I don't think it will be implemented," he said in Cairo's twin city of Giza, located in one of 14 provinces in which the first of two days of voting took place Sunday.

One of his workers,

Mohammed Hassan, echoed the same sentiments: "We've been hearing the same things for 20 years."

Egyptians abroad began voting Saturday and continued Sunday, when voting was underway in 14 Egyptian provinces, including Giza and the Mediterranean port city of Alexandria.

Voting in Egypt's 13 other provinces, including the capital Cairo, will happen Nov. 22-23.

Each stage of the vote will

be followed by a runoff.

Final results will be announced in early December, and the new house will hold its inaugural session shortly after.

There were no official or reliable figures available on Sunday's turnout, expected to be as low as 10 per cent.

State media reports suggested that while turnout was low in the morning, large numbers of voters cast ballots in the afternoon.

THE ASSOCIATED PRESS

WILDLIFE

An unusual auction

An auction on eBay allows the public to make a different kind of purchase. Up for sale: naming rights to a new insect.

A moth that weighs less than an ounce (28 grams) and measures about an inch (2.5 centimetres) was discovered eight years ago at White Sands National Monument in New Mexico by entomologist Eric H. Metzler.

The rigorous process to have a new species approved has taken several years, but now Metzler, a volunteer at the park, is ready to give his flying friend a name.

That honour is usually bestowed on the person who made the finding, but Metzler wanted to give back to the Western National Parks Association, which has funded some of his research.

"I am not a rich man and

I don't have a lot of money to give to charity, but this is the way I could give them money in the form of service. I could use my brains to help them," Metzler said.

The auction went live Saturday on eBay and ends Oct. 23. Bidding starts at \$500. The winner will work with Metzler to Latinize the name, which must be approved by an international organization. THE ASSOCIATED PRESS



The auction winner will name this new species of moth.

THE ASSOCIATED PRESS

PHILIPPINES

Typhoon kills two

Slow-moving Typhoon Koppu weakened after blowing ashore with fierce winds in the north-eastern Philippines on Sunday, leaving at least two people dead, displacing 16,000 villagers and knocking out power in entire provinces, officials said.

Army troops and police were deployed to rescue residents trapped in flooded villages in the hard-hit provinces of Aurora, where the typhoon made landfall early Sunday, and Nueva Ecija, a nearby rice-growing province where floodwaters swamped rice farmlands at harvest time.

After slamming into Aurora's Casiguran town after midnight Saturday, the typhoon weakened and slowed down, hemmed in by the Sierra Madre mountain range and a high pressure area in the country's north and another typhoon far out in the Pacific in the east, government

forecaster Gladys Saludes said.

Howling winds knocked down trees and electric posts, leaving nine entire provinces without power, while floods and small landslides made 25 roads and bridges impassable. Authorities suspended dozens of flights and sea voyages due to the stormy weather, and many cities cancelled classes on Monday.

Late Sunday night, the typhoon was blowing over the northern mountainous province of Ifugao and was continuing to weaken.

It had sustained winds of 130 km/h and gusts of up to 160 km/h and was blowing northward at just 5 km/h, according to the government's weather agency.

It's expected to weaken further, into a tropical storm by late Monday and exit the northern island of Luzon on Wednesday.

THE ASSOCIATED PRESS



Christopher Stokes, the general director of Doctors Without Borders, stands amid the charred remains of the organization's hospital in Kunduz on Friday. THE ASSOCIATED PRESS

Doubt cast on narrative

AFGHANISTAN

Hospital 'repeatedly hit' by gunship: Director

The head of an international medical charity whose hospital in northern Afghanistan was destroyed in a U.S. airstrike says the "extensive, quite precise destruction" of the bombing raid casts doubt on American military assertions that it was a mistake.

The Oct. 3 attack, which killed at least 22 patients and staff, should be investigated as a possible war crime, said Christopher Stokes, general director of Doctors Without Borders, also known by its French abbreviation MSF.

The trauma hospital was bombed during a firefight between Taliban and government troops, as U.S. advisers were helping Afghan forces retake the city after the insurgents overran

it and seized control on Sept. 28. Afghan authorities say they are now largely back in control of Kunduz.

U.S. President Barack Obama has apologized for the attack, and the commander of U.S. and NATO troops in Afghanistan, Gen. John F. Campbell, said it was a mistake. He said the strike had been called in by Afghan forces, but has not explained exactly how it happened or who granted final approval. Internal military investigations are underway, with preliminary results expected in coming days.

According to Associated Press reporting, American special operations analysts were scrutinizing the Afghan hospital days before it was destroyed because they believed it was being used by a Pakistani operative to coordinate Taliban activity.

MSF has denied there were any armed Taliban on the hospital grounds at the time of the attack. "The compound was not entered by Taliban soldiers with weapons," Stokes said.

THE ASSOCIATED PRESS

+ INVESTIGATION ORDERED

MSF, a Nobel Peace Prize-winning organization that provides medical aid in conflict zones, has called for an investigation by the International Humanitarian Fact-Finding Commission, based in the Swiss capital, Bern.

It is made up of diplomats, legal experts, doctors and

some former military officials from nine European countries, including Britain and Russia.

An IHFFC investigation needs the co-operation of both Afghanistan and the U.S. before it can proceed, which neither government is expected to give.

INDIA

Two teens charged in rape of toddler

Police arrested two teenagers Sunday for allegedly raping a toddler in New Delhi, in the latest incident of sexual violence against a young child in the Indian capital.

Police said they questioned more than 250 residents of the western Delhi neighbourhood where the 2-1/2-year-old girl was raped and left bleeding in a park Friday evening.

The two 17-year-old boys were arrested late Saturday, said De-

pendra Pathak, a top police officer.

Pushpendra Kumar, deputy commissioner of police, said after they were interrogated, the teens admitted their guilt.

The toddler was playing outside her home when she went missing during a 10-minute power outage in the neighbourhood. Family members found her lying unconscious and bleeding in a park three hours later.

In a separate incident, police

on Saturday arrested three men for raping a five-year-old in an east Delhi suburb.

The rape of the two girls came a week after a four-year-old girl was found dumped near a railway track after being raped and slashed with a blade in the capital.

The assaults have caused uproar, with Delhi residents accusing the city's government of failure to protect women and girls.

THE ASSOCIATED PRESS

250

Number of residents police said they have questioned in the neighbourhood in which a toddler was allegedly raped.

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SYRIA

Bombs pound targets, civilians killed

Russian and Syrian warplanes pounded targets in central and northern Syria, killing at least four civilians Sunday as ground troops battled insurgents and seized new territory, activists and the government said.

The Britain-based Syrian Observatory for Human Rights and activist news platform Syrian Revolution Talbiseh said warplanes believed to be Russian targeted mourners at a funeral

in Homs province's al-Ghanto village, killing four civilians. Al-Ghanto, the town of Talbiseh and other areas north of the city of Homs were attacked Sunday, including government helicopters dropping barrel bombs in the village of Ter Maela, the activists said.

The state-news agency SANA reported army troops began a ground offensive in the area.

Since Russian airstrikes began

on Sept. 30, Syrian troops have been on the offensive on several fronts in an attempt to secure supply routes and regain control of strategic areas.

A UN-backed ceasefire was reached in September to end months of fighting between Sunni insurgents and pro-government forces, including fighters from Lebanon's militant Hezbollah group.

THE ASSOCIATED PRESS

BACKGROUND

Aid gets to villages

On Sunday, aid got to four areas that were part of a UN-brokered ceasefire, including two Shiite villages in the province of Idlib and two rebel-held areas near the border with Lebanon.

THE ASSOCIATED PRESS



Palestinians watch a wall being built between Palestinian and Jewish neighbourhoods in Jerusalem Sunday. MAHMOUD ILLEAN/ THE ASSOCIATED PRESS

Wall rising in Jerusalem

MIDEAST

Israel cracks down on Palestinians in city's east area

Palestinians in Jerusalem, more than a third of the city's population, have awoken to a new reality: Israeli troops are encircling Arab neighbourhoods, blocking roads with concrete cubes the size of washing machines and ordering some of those leaving on foot to lift their shirts to show they are not carrying knives.

The unprecedented clampdown is meant to halt a rash of stabbings of Israelis. Many of the attacks were carried out by residents of east Jerusalem, the sector captured and annexed by Israel in 1967 and claimed by Palestinians as a future capital.

Prime Minister Benjamin Netanyahu's government has portrayed the measures as temporary, in line with what his advisers say any police department in the U.S. or Europe

would do to quell urban unrest. But some allege he is dividing Jerusalem, something Netanyahu has said he would never do.

Arab residents say the latest closures are bringing them to a boiling point and lead to more violence.

"They want to humiliate us," said Taher Obeid, a 26-year-old janitor at the Hebrew University of Jerusalem. He spoke over the din of car horns, as drivers stuck at one of the new checkpoints vented their anger.

Domestic critics say Netanyahu — long opposed to any negotiated partition of Jerusalem into two capitals — is dividing the city along ethnic lines with his security measures.

Some say that due to the growth of Israeli settlements, the land between the Mediterranean and the Jordan River has effectively become a binational entity, with Israel ruling over several million Palestinians.

"This is what the future looks like," said Jerusalem expert Daniel Seidemann. "It's the one-state reality."

Seidemann said Jerusalem is a binational city that has remained divided, even after 1967.

Israel's hard-line leaders "can't possibly look this in the eye because they are committed ideologically to a mythical, united Jerusalem that does not exist in nature," he said.

While Netanyahu has said he supports the establishment of a Palestinian state, there has been no progress, and expectations of a negotiated agreement have faded. THE ASSOCIATED PRESS

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U.S. halts Arctic drilling leases

ALASKA

Senator says move will hurt state economy

The U.S. Interior Department announced Friday it is cancelling future lease sales and will not extend current leases in Arctic waters off Alaska's northern coast, a decision that significantly reduces the chances for future offshore drilling.

The news follows a Sept. 28 announcement by Royal Dutch Shell that it would cease exploration in the Chukchi and Beaufort seas after spending upward of \$7 billion on Arctic exploration. The company cited disappointing results from a well drilled in the Chukchi and the unpredictable federal regulatory environment.

Interior Secretary Sally Jewell said the federal government is cancelling fed-

eral petroleum lease sales in U.S. Arctic waters that were scheduled for 2016 and 2017.

"In light of Shell's announcement, the amount of acreage already under lease and current market conditions, it does not make sense to prepare for lease sales in the Arctic in the next year and a half," she said.

Jewell said the Chukchi Sea off Alaska's northwest coast and the Beaufort Sea off the state's north coast will not be included in the agency's current five-year lease sale plan. In addition, current leases held by Shell and other companies in Arctic waters will not be extended.

Beaufort Sea leases are set to expire in 2017, and Chukchi Sea leases in 2020.

Sen. Dan Sullivan said the Obama administration is correct in wanting to help Alaska natives and all Alaskans battle the state's high rates of suicide, domestic violence and addiction. But he said the ad-

CONSERVATION

Environmental groups say industrial activity in the region further harms marine animals already affected by the loss of sea ice.

Miyoko Sakashita of the Center for Biological Diversity lauded the Interior Department's announcement.

"This is great for the Arctic and its polar bears," Sakashita said. "We need to keep all the Arctic oil in the ground." THE ASSOCIATED PRESS

ministration doesn't see the link between economic opportunity and making people's lives better.

"They just took real opportunity, significant opportunities that could benefit thousands if not tens of thousands of Alaskans off the table," Sullivan said. "That's not going to help the social problems."

THE ASSOCIATED PRESS



Since Royal Dutch Shell announced it was walking away from its exploratory efforts, the Obama administration has taken steps to keep drill rigs out of the region's northern ocean.

ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

AUTO INDUSTRY

Takata airbag recall includes 2015 models, 11 companies

The deadly problem with exploding Takata airbag inflators continues to spread to newer vehicles, this time hitting a small number of 2015 General Motors cars and SUVs.

GM is recalling more than 400 vehicles because the side airbag inflators could rupture and send shrapnel into drivers and passengers, according to the company and documents posted Saturday by the U.S. National Highway Traffic Safety Administration (NHTSA).

The GM recall is the latest in a problem that continues to widen with no end in sight. U.S. regulators have warned that



The 2014 Chevrolet Silverado is one of 3,300 pickups and SUVs being scrutinized.

CHEVROLET/THE ASSOCIATED PRESS

more manufacturers and newer models are likely to be recalled. Eight people have been killed worldwide, and more than 100

have been hurt.

So far, about 23.4 million Takata driver and passenger airbag inflators have been recalled on 19.2 million U.S. vehicles sold by 11 different companies, including Honda and Fiat Chrysler.

The latest recall covers certain 2015 Chevrolet Equinox, Malibu and Camaro vehicles as well as the Buick LaCrosse, Cadillac XTS and GMC Terrain.

The recalls currently cover 11 auto and truck companies including BMW, Daimler Trucks, Fiat Chrysler, Ford, General Motors, Honda, Mazda, Mitsubishi, Nissan, Subaru and Toyota.

THE ASSOCIATED PRESS

IN BRIEF

Guinness judge certifies 122-metre-long baguette as new world record

A judge from Guinness World Records has certified a 122-metre-long baguette baked at the Milan Expo 2015 World's Fair as the longest in the world.

Some 60 French and Italian bakers — backed by Ferrero, maker of Nutella — worked nearly seven hours Sunday to bake the French bread.

The baguette was then cut and smeared with Nutella to share with the

hundreds of Expo-goers who witnessed the record.

It was at least the fourth world record declared during the Expo, including the longest pizza which measured at 1.5954 kilometres in size.

THE ASSOCIATED PRESS



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Politics of the future: Researchers who eased the brain's threat perception with magnetic stimulation observed a decline in patients' anti-immigrant sentiments and beliefs in God.

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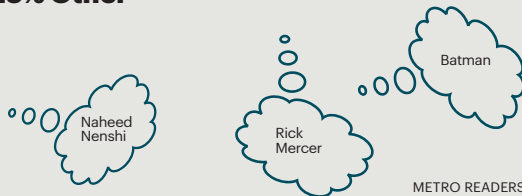
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If you could make a tweak to create your ideal voting system — design your own democracy — what would you do? Have you had enough of attack ads? Do you want to be able to vote from bed, on your phone? We asked our readers how they'd make their personal perfect parliamentary process.

1 If you could write in a candidate for prime minister who is not on the ballot, who would it be?

26% Chris Hadfield
20% David Suzuki
9% Grumpy Cat
7% Stephen Lewis
4% Drake
2% Jose Bautista
2% Joanne Liu
2% Wayne Gretzky
2% Margaret Atwood
1% Ryan Gosling
25% Other

I voted for me.
It was awful.



METRO READERS

2 If you could retire one campaign-season cliché, what would it be?

	0%	100%
Attack ads	70%	
The words 'middle class'	15%	
The words 'politically correct'	6%	
The words 'women's issues'	5%	
The word 'elite'	1%	
Using babies as props	1%	
Hard hats	2%	

3 If you could change one thing about our system, what would you choose?

36% Scrap first-past-the-post voting
25% Elect the leader separately from the MPs
20% Allow voting online or by phone
6% Make the campaign shorter
3% Nothing, we're lucky to live in a democracy
10% Other



Indigenous issues were not ballot issues. Again.



Danielle Paradis
For Metro

While shopping for a Halloween costume this week in Edmonton, I found a large cardboard cutout of a white woman dressed in a faux-buckskin "Native American" costume. I can't say I'm surprised. As much as I ask why this sort of racism is still a thing in 2015, this election campaign

Residential schools make education more complicated than access. As a tool of assimilation, education is a sensitive issue for many indigenous people.

has confirmed one reason: despite this being the year of Truth and Reconciliation, neither Canadian citizens nor their politicians seem ready to vote based on the plight of indigenous Canadians.

Let's consider the debates. At the Globe debate, Liberal Leader Justin Trudeau raised First Nations issues but mainly to say that they had not come up enough. At the Munk debate, NDP Leader Tom Mulcair spoke briefly about food security in the Arctic and the lack of concern the Harper government displayed. Trudeau then brought up Harper's habit of aligning First Nations groups with terrorists.

Meanwhile, First Nations communities live with boil-water advisories. Meanwhile, Edmonton NDP candidate Aaron Paquette, who is Métis, allegedly had a large phallus scrawled on his family home.

Sissy Thiesson, a Sioux,

Cree and Mennonite woman in Edmonton who works as a youth co-ordinator, confronts issues affecting aboriginal people daily. The underlying issue is "intergenerational trauma, where the mistreatment of aboriginal people for decades produced victims who in turn mistreated their families due to what they learned," she said.

Last week, the Assembly of First Nations graded the NDP, Liberal, Conservative and Green platforms. Among the metrics were commitment to truth and reconciliation, language rights and strengthening First Nations communities. The NDP received full marks for their platform, with the Liberals only slightly behind, owing to their lack of plans for languages. The Conservatives pledged to focus on programs to fight gang violence and on bursaries.

The Truth and Reconcilia-

tion report calls for reducing the number of indigenous children in foster care and closing the gap between funding for First Nations communities on and off-reserve. But a legacy of residential schools makes education more complicated than access. As a tool of assimilation, education is a sensitive issue for many indigenous people. Closing the gap on federal funding is an essential step toward healing.

Faux-Indian costumes mirror the faux-concern and lip service paid to indigenous issues. In 2014, Harper said an inquiry into murdered and missing indigenous women was "not on his radar." It would seem 'not-on-the-radar' is an appropriate way to describe where First Nations people have been in this election.

Danielle Paradis (@Daniparadis) is an Edmonton-based writer and education advocate.

metroview

Tomorrow's leader will have to mop up an anti-Muslim mess

Omar Mouallem



"I've never seen it like this before." That's how my mother — one of Canada's million Muslims — described the blatant bigotry on her Facebook. She didn't need to elaborate; I'd seen it, too. But my social network has a long tail of loose ties. Hers consists of actual friends and former colleagues — the people who helped my parents integrate in rural Alberta before I was born.

Thirty years later, a shameful election has unlocked anti-Muslim and anti-immigrant sentiments. Where teens assault a woman whose only crime was wearing a religious garment. Where Canadians willingly devalue the Canadian-ness of 900,000 dual citizens. For a third of the vote, Stephen Harper has demonized Muslims (three per cent of the population) and undermined the rights of 7.1 million foreign-born Canadians.

Though it's unlikely he will be tomorrow's leader, tomorrow's government — whatever it is — must mop up the mess.

In addition to the recession, climate change, First Nations reconciliation and international conflicts, tomorrow's leader must prioritize healing the wounds opened by wedge politics. Otherwise, the 250,000 annual newcomers will never get a fair shot. When I think of my own family's ascent to the middle class, it wasn't just work ethic that boosted them. It certainly wasn't the 1980s

economy. Tax credits alone didn't help them buy the biggest house on the block.

It was social tolerance. When my parents arrived from Lebanon, immigrants were central to Canada's new multicultural identity and story. But, I wonder, would they have thrived knowing their Canadian-born children could be deported? Which of their "barbaric" practices would have been called in to the tip line? The Ramadan when they butchered a goat in the yard? That my mom wore a hijab, which in Northern Alberta in 1984 was about as common as a niqab today?

Immigrants always come with cultural baggage. Some can take a generation or two to unpack. The white majority — old-stock Canadians — have residual cultural baggage, too (pressuring a woman to take her husband's last name comes to mind). But adjusting is much harder when you want to hide from your neighbours.

A recent CBC survey showed only 65 per cent of Canadians are proud of the country's "multicultural makeup." Today's target is Muslims. Who is it tomorrow, as rising sea levels will displace unprecedented numbers of people? Canada's 1980s tax on Chinese immigrants and "none is too many" stance on 1930s Jewish refugees are reminders of xenophobia's cyclicity. But to see it actively promoted by leaders should disturb us all.

And tomorrow's leader must repair the damage.

Omar Mouallem (@omar_aok) edits the Yards magazine.

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PHILOSOPHER CAT
by Jason Logan

IT'S NOT THE VOTING THAT'S THE DEMOCRACY, IT'S THE COUNTING.

TOM STOPPARD



THE PATIENT'S PLAYBOOK

Be assertive and involved in your treatment, author says

In The Patient's Playbook, Leslie Michelson offers the wisdom he's gained from 30 years of helping people get health care. Michelson, trained as a lawyer, is the founder and CEO of Private Health Management, which aids individuals and corporate clients seeking optimal medical treatment. He lives in Los Angeles.

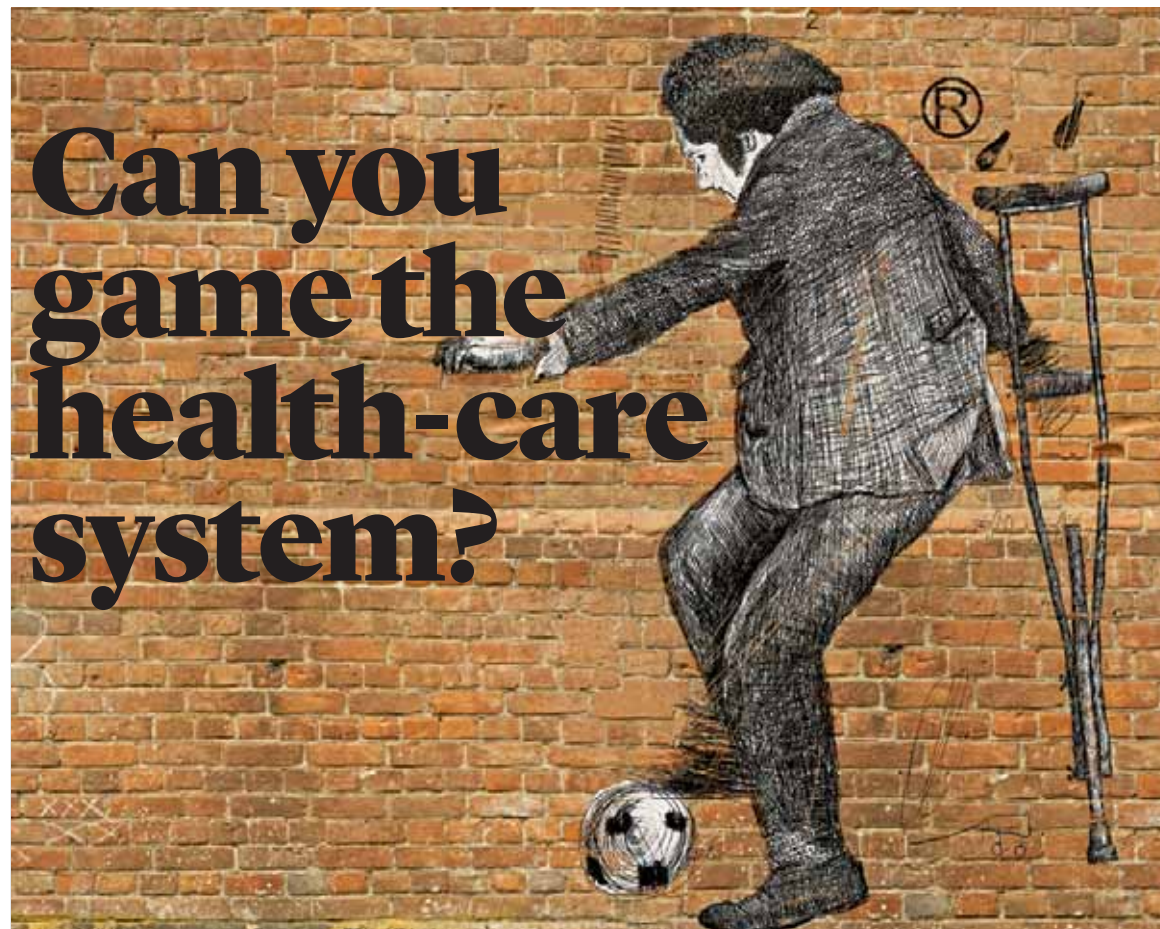
You help Americans, mostly the very wealthy, get top-notch health care. Is your advice applicable to Canadians?

There are differences in the systems, but also a lot of similarities. Our physicians are trained in the same ways and our hospitals are accredited in the same ways. Both systems suffer from significant preventable errors. So in both systems, it's imperative for patients to learn to be more assertive and to gain control of their own medical destinies.

You talk about preparing for falling ill. What should a person should do?

We prepare for things such as college tuition or retirement, but people don't prepare for illness. First, you need to document your family's medical history. More and more we're learning that genetics is part of our health destiny.

Second, collect all your medical records — the diseases you've had, medications you've taken, weight and blood pressure over time. And third, develop a strong



ISTOCK

and enduring bond with a primary care physician so you can benefit from health-care developments in prevention and detection.

What should you look for in a primary-care physician?

You want someone who listens and respects you, and someone you will listen to.

It should be someone whom you can get in to see when you need to. It should be someone who supports your wellness goals and will help you focus on the issues when you lose focus.

What are the biggest mistakes patients make?

Becoming passive and doing

nothing or doing whatever the physician recommends without asking questions, educating themselves or becoming partners with the physician.

Explain the no mistake zone.

It's a multi-step process that reduces anxiety and ensures you make better choices.

First, make sure your diagnosis is accurate and complete. In the U.S., we lose 100,000 lives a year from diagnostic errors. Second, make sure you understand when and why you need to be treated. Third, educate yourself online about your disease and treatment options. Fourth, meet with one or more physicians who



No realm of knowledge is more complex than human biology.

Leslie Michelson, author of The Patient's Playbook



specialize in precisely your condition. Use databases, such as expertscape.com, which lists physicians who've published articles on a particular disease. Expertise matters. No realm of knowledge is more complex than human biology. And there's no realm where advances come more rapidly than biomedical research.

In your book, you encourage people to do what they can to jump the queue. Why?

I'm not suggesting someone whose treatment can wait four to six weeks should assert themselves that it needs to get done today. But if it is a condition that needs treatment now, you need to figure out how to assert yourself and get everyone's attention that a delay would irreversibly affect the clinical course.

Once in hospital, how can a patient stay safe?

Hospitals are miraculous institutions, but they're also dangerous. That's why it's great to have an advocate with you. TORSTAR NEWS SERVICE



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Is your shopping motto I spend, therefore I am?

IDENTITY

Don't define yourself through consumerism

Gail Vaz-Oxlade
For Metro Canada



Do you define yourself by the stuff you buy?

I know you're shaking your head, but I want you to stop and think about that question for a minute.

How important is a brand name to you? How often do you see something someone else has and decide you want one too? How much do you preen when someone compliments a new purchase you've made?

Spending money to buy stuff has become a defining activity in so many people's lives. We all spend money. And we have all kinds of language that reflects how important shopping has become to us — think “retail therapy.”

We've even named a day in the year when it's okay to blow out our budgets (and behave badly) using our credit cards all for the sake of a deal: Black Friday.

If there is any industry that has made it clear that we are powerless in the face of what they want to sell us it's the financial services sector.

People have been sold so much credit that now retirees are having to declare bankruptcy to hold on to their pension money for food.

And as for mortgage life insurance, don't even get me started.

That's a product that serves the needs of the bank, not the person buying and paying for



Gail Vaz-Oxlade suggests taking two days a week for a month where you buy nothing so you can truly see how much of an impact spending has on your life. ISTOCK

the product.

Witness the number of people who subsequently try to make claims only to find their insurance has been declined because even though they paid premiums for years, they weren't actually insured, they just thought they were.

We are also at the whim of the brilliant supermarket retailers.

Between their sophisticated databases, manipulative pricing strategies, and the growing size of the trolleys, we're plunking down more cash at the supermarket than ever before. We can buy household appliances, plants, towels, and even clothes when we head off to pick up milk.

And when those Buy Two for \$5 tags show up, we end up taking home more food even though the fridge and cupboards are already full.

“

Even heading to a concert or a sports game often involves spending money on T-shirts and hats.

There are now more places and ways to shop than ever before.

Don't feel like going to the store? Just hop online. Or head over to a friend's for a shopping party where, in exchange for nibbles, you'll drop good money on total crap.

Or click on a coupon site to buy five whatevers for 50 per

cent off, and look how much you just saved!

You can browse on Craigslist or on eBay until you find something you just have to have.

Even heading to a concert or a sports game often involves spending money on T-shirts and hats. Good lord.

If you want to truly see how much impact spending has on your life, for the next month choose two days of the week when you'll buy nothing.

Absolutely nothing.

Then make some notes on how you feel when your shopping itch can't be scratched.

More importantly, how do you feel when you finally get to spend some money again?

For more money advice, visit Gail's website at gailvazoxlade.com.



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A couple who namastes together

YOGA

Acro yogis find relationship balance in tough poses

Not much causes a busy city dweller to stop in their tracks, but a man and a woman effortlessly pulling off Cirque du Soleil-esque moves in a park just might do it.

Miranda Cobbett and Ryan Scott are the uber-fit duo behind acrobuddhas.com — a team of two performers who practice and teach acro yoga (a combination of acrobatics and yoga) around Toronto. They post pictures of their jaw-dropping moves on Instagram, where they've amassed a huge following.

"Ryan and I both love being active. We live a very healthy, fit lifestyle every day," Cobbett told the Star. "When we were able to combine our energies and create something together

... it was exciting.

The twosome — partners in love and business — only stumbled on acro yoga two-and-a-half years ago when scrolling through photos on Instagram.

"At the time, we didn't even know what it was called. We were like, 'Look at this, this is cool. Let's try it,'" said Cobbett.

Acro yoga harnessed the skills they already had — Cobbett is a yoga teacher who grew up dancing and cheerleading, and Scott is a personal trainer — and allowed them to combine their strengths in a new way. They started practicing in her parents' backyard and soon, they were hooked.

And it gave them more than just tighter abs — acro yoga helped jump-start their relationship, now at the eight-year mark.

"It really taught us how to communicate in new ways, how to trust each other in new ways," Cobbett said. "In all honesty, I'm trusting him

beneath me to support me."

The team began taking pictures of their daring exploits, sometimes by putting a clicker in one of their mouths to snap a picture themselves, other times asking photographer friends to do the shooting, and soon garnered attention on Instagram with the account @acrobuddhas. They now have 17,000 followers.

These days, they perform at Toronto festivals, including Electric Island and Bestival, but you're just as likely to find them on a beach or in a park, perfecting their moves in public. People often approach to ask what they're up to, which Cobbett loves. But don't get too close.

After curious Electric Island festival goers kept trying to touch the duo during performances last year, organizers put up barriers around them.

And injuries? None so far, said Cobbett, though they usually practice on sand or grass just to be safe.

TORSTAR NEWS SERVICE



Miranda Cobbett and Ryan Scott are the fit duo behind acrobuddhas.com. JP MILES PHOTOGRAPHY

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No alcohol is safe during pregnancy, new report says

RESEARCH

Professionals reinforce dangers for drinking

Think a glass of wine is safe while you're pregnant? Think again, says a new report highlighting the dangers of drinking during pregnancy.

The report, published in the November issue of the journal *Pediatrics*, identifies prenatal exposure to alcohol as the "leading preventable cause" of birth defects and intellectual and neurodevelopmental disabilities.

"The biggest message is that alcohol use during pregnancy is not safe," said lead author Dr. Janet Williams, a former chair of the AAP's committee on substance abuse.

The clinical report from the American Academy of Pediatrics stresses expectant mothers shouldn't drink during any trimester of pregnancy, and re-



None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs.'

The study's lead author Dr. Janet Williams on research on the effects of drinking while pregnant.



Moms-to-be often hear mixed messages about drinking while pregnant. ISTOCK

inforces the risk of fetal alcohol spectrum disorders or FASDs.

The umbrella term encompasses fetal alcohol syndrome — marked by certain facial features, such as smaller eyes, a thin upper lip, and a smooth space between the nose and lips — and a range of physical, emotional, behavioural and intellectual problems.

The report based its findings on the "large and growing body of research" that exists and did not include new original research.

The level of impact is somewhat dose-related, Williams said.

"Binge drinking — a big push of alcohol — is more likely to cause harm."

But Williams stressed modern evidence shows no amount is safe, despite misconceptions to the contrary.

"None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs,'" she said.

Even so, modern moms-to-be often hear mixed messages about drinking.

Toronto mother Jennifer Beer recalled seeing warning campaigns about drinking during pregnancy, but also heard differing advice from friends and health-care workers.

"When I was pregnant with my son, I mentioned to my midwife at one of my regular checkups that I was craving a glass of white wine. She looked almost shocked, and replied, 'You mean you haven't had anything to drink this whole time?'" Beer said.

Stade said clear messages are key so expectant mothers aren't confused. She agreed with the American Academy of Pediatrics report's main message that no amount of alcohol is safe during a pregnancy.

But she did raise concerns about the report alarming women unnecessarily.

"Some women do drink before they know they're pregnant, and I wouldn't want them to get so scared that it will cause fetal alcohol syndrome," she said.

"Reports like this have come out over the years and have really scared women and they want to abort," Stade said women who know they are pregnant should abstain from alcohol completely.

TORSTAR NEWS SERVICE

THE COSTS

A big societal impact

In Canada, more than 3,000 babies are born with FASDs every year, according to Health Canada. The damage caused by mothers drinking during pregnancy costs more than \$5 billion a year, noted a 2009 paper in the *Canadian Journal of Clinical Pharmacology*, co-written by Dr. Brenda Stade, head of the FASD clinic at St. Michael's Hospital in Toronto.

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HEALTH TRENDS

Women's libido drugs get boost with release of Addyi

Most women with low sexual desire won't rush to get the first prescription drug to boost female libido as it became available over the weekend. But they may have more options down the road.

Addyi can't be taken with alcohol or certain other medications, which will likely limit its use. But experts believe those restrictions could spur development of better treatments for women's sexual problems after

more than a decade of neglect by most of the world's large drugmakers.

Kim Wallen, a psychology professor at Emory University, says Addyi represents a historic milestone that may open the door to more drugs targeting desire in men and women. Where Viagra and other men's erectile dysfunction drugs work by increasing blood flow to the genitals, Addyi acts on brain chemicals associated with desire.

"This is the first time that a drug, for either men or women, has been approved strictly to increase sexual desire," Wallen says. "That legitimizes many other drugs that are in development."

Treatments for women's libido issues are an untapped financial opportunity for drugmakers. Analysts estimate the market could be worth over \$2 billion, based on academic estimates that between 5 million

and 9 million U.S. women may suffer from desire disorders.

But the area hasn't been a research priority for drugmakers in many years. Beginning in the 1990s, Pfizer, Bayer and Procter & Gamble all studied — then discarded — drugs targeting female libido.

Addyi itself was developed by the German conglomerate, Boehringer Ingelheim, then sold to Sprout Pharmaceuticals after the Food and Drug Administra-

tion rejected the medication due to lacklustre effectiveness and issues like nausea, fatigue and dizziness.

It took Sprout four years to win FDA approval for Addyi, which acts on brain chemicals associated with mood and appetite. The drug will come with a bold warning label about the risks of fainting if combined with alcohol or certain medications.

Dr. Lisa Dabney says several

patients have asked her about Addyi, but they generally lose interest after she explains they cannot drink alcohol while taking the daily medication.

"It's definitely an option that's going to help patients," says Dabney, of New York's Mt. Sinai hospital. "But it's going to have a limited patient audience because of the alcohol restrictions and the fact that you have to take it every day."

THE ASSOCIATED PRESS

Updates on Lamar Odom's condition leaking to press

MEDIA

Kardashians controlling the recovery narrative

Family members of Lamar Odom declined to comment on his condition or activities Saturday, a day after he regained consciousness and communicated — speaking and even giving a thumbs-up from his hospital bed — after being found in extremely critical condition at a Nevada brothel.

Alvina Alston, publicist for JaNean Mercer, Odom's maternal aunt and godmother, would not confirm whether Odom was breathing on his own or communicating more.

His movement on Friday was the first significant update on Odom's health since he was found unconscious and face-down at the Love Ranch in Crystal, Nev., on Tuesday afternoon.

Odom spoke a greeting and gave a thumbs-up, Alston said. "He woke up, and he spoke," Alston said.

A person close to estranged wife Khloe Kardashian spoke on the condition of anonymity because she was not authorized to release details of Odom's condition to the press. She also said that he was able to say hi to Kardashian.

His former coach Jim Harrick in Los Angeles, who said Odom sounded upbeat on a call just a few weeks ago, said Kardashian told him that Odom is now off dialysis, and that he showed a response when she reached down to say "Lamar, I love you."

"Khloe has promised me she's going to stay by his bedside until she and him can walk out of the hospital together," Harrick said.



Lamar Odom regains consciousness, family and friends say. ALL PHOTOS GETTY IMAGES

Authorities are still retracing Odom's \$75,000, three-day visit to the brothel that started late afternoon Saturday, with blood-test results to determine what caused his medical episode still pending.

The brothel's owner and spokesman have said that he chose two women to accompany him in a VIP suite on his first visit to the ranch.

Odom had said that he had done cocaine before his arrival, and the brothel said they saw him drink alcohol and take as many as 10 supplements sold as "herbal Viagra."

One brand that he took, Re-

load, was the subject of a 2013 warning from the Food and Drug Administration, which said the pill contained sildenafil, the active ingredient in prescription Viagra.

The brothel also said he became upset Sunday following a phone call where his ex's Keeping Up with the Kardashians show was mentioned. But he was generally in a good mood, even suggesting that he stay an entire week at the brothel in the rural community.

Odom was then found unconscious there Tuesday with white and reddish substances coming from his nose and mouth.

He was breathing and taken to Sunrise Hospital and Medical Center in Las Vegas.

Kardashian rushed to his side that night and since then, friends, teammates and loved ones, including his two children, have visited and posted messages on social media asking for prayers.

Kardashian had said her family won't be posting content on their apps while attending to his health crisis. The online message read: "As a family, we've decided to hold off on publishing content across our apps while we continue to support and pray for Lamar." THE ASSOCIATED PRESS

THE VIEW

O'Donnell gets sued

Ned Ehrbar
Metro | Hollywood



I'm guessing Rosie O'Donnell wishes she'd never gone back to The View. O'Donnell, who left the show a second time in February, is now being sued by one of the show's former senior producers who claims O'Donnell slandered her and got her fired.

In the lawsuit, Jennifer Shepard-Brookman

claims that O'Donnell "accused Ms. Brookman of teaming with (Whoopi) Goldberg to undermine Ms. O'Donnell," according to the Hollywood Reporter, and that O'Donnell "publicly accused Ms. Brookman of betraying professional and personal confidences and leaking sensitive information to the media" which led to her termination. What a delightful place to work.



INSTAGRAM

Lohan for president

What's one thing that could make Kanye West's 2020 bid for the presidency seem even the least bit plausible? An even more absurd celebrity contender, that's what.

Enter Lindsay Lohan, who took to Instagram this weekend to announce her intentions to run for president that year as well.

"In 2020 I may run for president," she posted along with a photo of her at the 2012 White House Correspondent's Dinner,

giving West an at-mention and everything.

"The first thing I would like to do as president is take care of all of the children suffering in the world,"

she added with a photo of her and West together. "Queen Elizabeth showed me how by having me in her country."

Wait, what? Just be careful, people. I'm pretty sure this is how we end up with "Idiocracy."

NED EHRBAR/METRO



GOSSIP BRIEFS

He's confident

Oh hey, were you hoping to hear more about that pap photo of a naked Justin



Bieber in Bora Bora? Well, Bieber sat down with Billy Bush of Access Hollywood to discuss the invasive incident.

"That was shrinkage for me," he boasts. "My first thing was like, how can they do this?" Bieber continued more seriously. "I feel like I can't step outside ... You should feel comfortable in your own space. Especially that far away." NED EHRBAR/METRO

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Jays on comeback trail again

MLB PLAYOFFS

Royals hold upper hand as action shifts north of border

The Toronto Blue Jays aren't letting themselves get fazed by a 2-0 deficit in a post-season series. They dealt with one just last week.

Down 2-0 to Texas in the American League Division Series, the Blue Jays rallied to win the next three games of the best-of-five set and advance to the AL Championship Series. Now, after dropping the first two games of the best-of-seven ALCS in Kansas City this weekend, they're back in that familiar hole.

Any comeback this time will have to come against a tough Royals team that finished the regular season with an American League-best 95-67 record.

But the Blue Jays are up for that challenge.

"We've played from behind before," second baseman Ryan Goins said Sunday. "Playing from behind in a five-game series is different than playing from behind in a seven-game series. We have more life than we had last time. It'll be fun and I think we'll get back in this series."

"We seem to play a lot better when we're down 2-0, I think," added first baseman Chris Colabello. "You just go out and play the game. Whether or not we won or lost (Game 2 on Saturday), we're still going to go out and figure out a way



The Royals took a 2-0 series lead on Saturday thanks in part to a fly ball that fell between Blue Jays Jose Bautista, left, and Ryan Goins, and sparked a five-run rally in the seventh inning. RICK MADONIK/TORSTAR NEWS SERVICE

to win the game."

Game 3, scheduled for Monday night at Rogers Centre, is the first of potentially three consecutive games at the Toronto stadium where the Blue Jays enjoyed a 53-28 record during the regular season.

The familiar artificial turf, the retractable roof, and of course, the loud Toronto fan base all help give the Blue Jays a true sense of home-field advantage.

"Any time we can play at

.200

The top six hitters in the Blue Jays order are 9-for-45 (.200) with two runs scored in the first two games of the ALCS.

home we're comfortable here," said centre-fielder Kevin Pillar. "We love the support we get, we

love the enthusiasm, we love how loud it is.... We're excited. It's always nice to be home for a couple days, sleep in your own bed, have our families in town, get back into our routine of doing things we like to do when we're home."

None of that will matter if the Blue Jays' bats fail to get anything going against Kansas City ace and Game 3 starter Johnny Cueto.

Cueto, who was acquired by

the Royals in a deadline trade with Cincinnati, went 4-7 with a 4.76 earned-run average through 13 regular-season starts for Kansas City. But he was dialed in for the Royals' Game 5, ALDS-clinching win over Houston last week, giving up just two runs on two hits and striking out eight over eight solid innings.

Toronto will counter with its own hard-throwing right-hander in Marcus Stroman.

THE CANADIAN PRESS

+ GAME 4

Royals manager Ned Yost has chosen Chris Young over Kris Medlen as his starter for Game 4 of the ALCS.

"He's got really good numbers against these guys," Yost said. "They're both great choices, but, you know, Chris Young, his last two starts of the year were really, really good for us. We feel like he gives us a good chance to win."

Young faced the Blue Jays once this year, a 7-5 loss on July 11. Edwin Encarnacion hit a two-run shot and Young yielded five hits and three runs over six innings. But the six-foot-10 hurler has held current members of the Blue Jays to a .229 average (22-for-96) over his career.

R.A. Dickey is slated to start Game 4 for Toronto.

THE ASSOCIATED PRESS



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Edmonton Oilers Connor McDavid, left, celebrates with Mark Letestu and Benoit Pouliot after a goal by teammate Nail Yakupov against Vancouver Sunday. BEN NELMS/THE CANADIAN PRESS

The real McDavid stars on Saturday

NHL

Oilers' top draft pick pots a pair against the Flames

Connor McDavid finally showed on Saturday night what all the hype has been about.

The 2015 first-overall draft pick had two goals and an assist for the first multi-point game of his young career, as the Edmonton Oilers won their first game of the season, beating the Calgary Flames 5-2 in Calgary.

"Best game yet from Connor. He made an impact through-

out the night," said Edmonton coach Todd McClellan. "He finally let himself go and gave himself permission. Sometimes you have to do that to get after it. You don't have to, as a young player, give way to the veterans all the time. You're allowed to go out and take charge and I thought he did that tonight."

McDavid kept on scoring Sunday in Vancouver, counting an assist as the Oilers beat the Canucks 2-1 in overtime.

On Saturday, McDavid put the Oilers into the lead for good, breaking a 1-1 tie at 16:31 of the second. Using Kris Russell as a screen, he let a long wrist shot go that Jonas Hiller could not handle.

66

Best game yet from Connor.

Oilers coach Todd McClellan

McDavid capped off the scoring at 16:20 of the third period, neatly converting Taylor Hall's pass for a power-play goal, which brought out a mixture of boos from the Flames fans and loud cheers from the many Oilers fans in attendance.

"First and foremost, the team played very well. When the team has success, that's when individuals start to have success," said McDavid.

THE CANADIAN PRESS

NLCS

Mets go up 2-0 on Murphy home run

Daniel Murphy homered off yet another ace. Noah Syndergaard turned in one more outstanding outing from the Mets' collection of studly young starters.

Power, pitching, plus some dazzling defence are falling into place for New York. The Mets breezed past the Chicago Cubs 4-1 Sunday night for a 2-0 lead in a surprisingly one-sided NL Championship Series.

Jake Arrieta, baseball's most dominant pitcher since the All-Star break, had not even settled in when Murphy homered for the fourth straight game, a two-run drive just inside the right-field pole in a three-run first inning.

Given the quick lead on a chilly night, Syndergaard kept the bats of Chicago's young sluggers on ice with shutout ball into the sixth inning.

Curtis Granderson robbed Chris Coghlan of a likely home

run with a leaping grab at the centre-field wall, swiped a pair of bases and scored two runs for the Mets.

After beating Clayton Kershaw, Zack Greinke, Jon Lester and Arrieta, the Mets are two wins from reaching their first World Series since 2000.

New York starts NL Rookie of the Year Jacob deGrom when the series resumes Tuesday night at Wrigley Field.

Chicago goes with Kyle Hendricks, part of the less-than-imposing back end of its rotation. If the long-downtrodden Cubs are to reach the World Series for the first time since 1945, they must first force the best-of-seven NLCS back to Citi Field next weekend.

After homering off Kershaw, Greinke and Lester, Murphy added his fifth home run of the post-season, giving him eight RBIs in seven games.

THE ASSOCIATED PRESS



Mets' Julie Jacobson outperformed Chicago's Cy Young candidate, Jake Arrieta. JULIE JACOBSON/THE ASSOCIATED PRESS



IN BRIEF

Eskimos win in OT

It took a full-team effort, and some extra time on the clock, for the Edmonton Eskimos to stretch their winning streak to six games.

Sean Whyte nailed a 30-yard field goal as Edmonton downed the B.C. Lions 26-23 in overtime on Saturday.

Dexter McCoil picked off a pass in the second overtime session, allowing the Eskimos a clear chance to win it.

The Eskimos (12-4) maintained first place in the West Division ahead of Calgary (12-4), which beat Toronto 27-15 earlier Saturday. Edmonton has won six games in a row for the first time since 2003.

THE CANADIAN PRESS

Seahawks collapse again

Richard Sherman and Earl Thomas exchanged baffled looks. They were unsure what happened other than seeing Greg Olsen standing in the end zone celebrating a winning touchdown.

After a week of vowing the fourth-quarter collapses were over, the Seattle Seahawks crumpled once again.

Cam Newton was the culprit this time, leading a pair of long fourth-quarter touchdown drives and capping Carolina's rally with a 26-yard touchdown pass to Olsen with 32 seconds left in the Panthers' 27-23 win over Seattle on Sunday.

THE ASSOCIATED PRESS

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- 2 Tbsp olive oil
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- 1 tsp cumin
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- 2 bay leaves
- 2 cups water
- 1 x 19-oz can of white navy beans
- 1 x 19-oz can black beans
- 1 x 28-oz can of whole tomatoes
- 1 cup vegetable broth

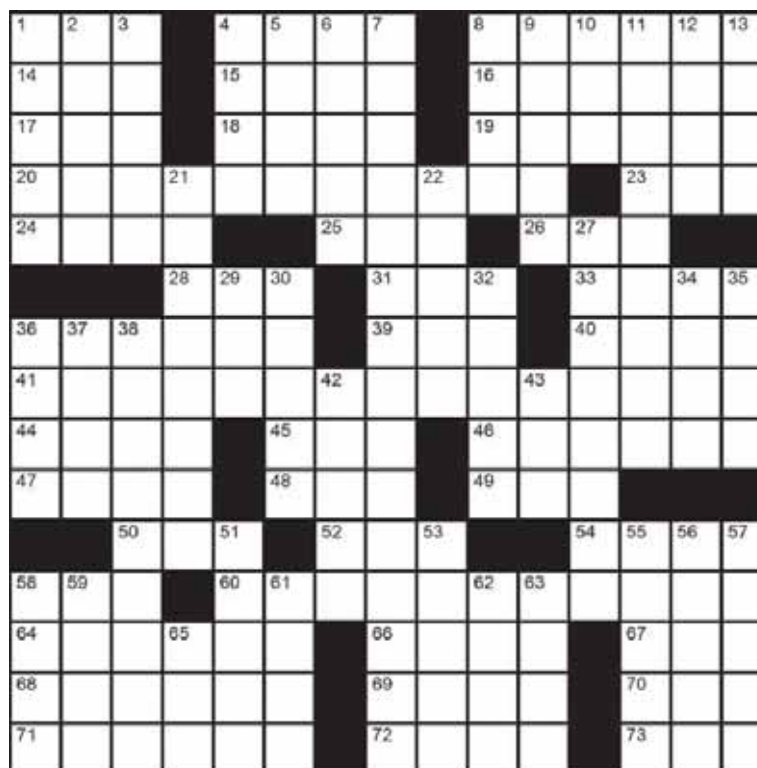
Directions

1. In large pot or Dutch oven, warm up the oil over medium heat. Sauté onions and garlic about 3 minutes. Now add spices and allow them to cook for a minute or two.
2. Add lentils, bay leaves and water. Bring to a gentle boil and simmer for 5 minutes. Now add the beans, tomatoes and broth. Simmer for 20 minutes. Check it for seasoning — you might want to add a little salt and pepper.
3. Serve the chili over rice or cornbread and top with grated cheese, sour cream or Greek yogurt, salsa or cilantro.

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ACROSS

1. Pertinent
4. Marx Brothers musical instrument
8. Billy _ (Canadian flying ace of WWI)
14. Pasturelands cry
15. 'Thought'-meaning prefix
16. Bay windows
17. Naja Haje
18. Sports org. in which FC Edmonton is a team
19. Cavalry swords
20. Voting Day 2015... Number of federal electoral districts in Canada, Three hundred and _
23. Foldaway bed
24. Simplicity
25. Sports org. for Eugenie Bouchard
26. Outback bird
28. New York sports arena [acronym]
31. The thing's
33. Too
36. Unkeyed, in music
39. Living leather's locale
40. Mineralogist's field, for short
41. It's provided in times of disaster or war: 2 wds.
44. Paradise
45. Keyboard erase button
46. Fragrances
47. Get gooeey
48. Finish
49. Elevs.
50. Form of foreknowledge, for short

52. Vivacity
54. Family suffix in zoology
58. Magician's prop
60. Those in the same line of work as Big Joe Mufferaw
64. Crowd scene performers in movies
66. Grey _ (Unclear situation)
67. Edmonton transport service [acronym]
68. Defraud
69. Connected
70. Losing tic-tac-toe line
71. Trying-the-product person

72. French pronoun
73. Traveller's accommodation

DOWN

1. Taper off
2. "Doctor Zhivago" (1965) character

3. Carpet: French
4. Answer-need-er's aid
5. " _ in the Life" by The Beatles
6. Fix the stitch-work
7. Voting Day 2015... One-of-some the party leaders faced

- off in during the time leading up to today's election: 2 wds.
8. Nonsense
9. Mad
10. Sis or bro
11. Powerful
12. Margarine
13. Head-turner in the library
21. Those things which are remaining
22. Amphibious reptile, e.g.
27. Milk of _ (Pharmacy item)
29. _ Diego
30. Soar
32. Basketball-in-basket sound
34. And _ goes (Thusly)
35. Alberta town
36. Cough, cough...
37. Sassiness, in slang
38. _ and stews (Foods cooked in "California" by Joni Mitchell)
42. Hr. not too far from midnight: 2 wds.
43. Perform
51. Locale
53. Riskiness
55. Nero's 661
56. Goodyear headquarters in Ohio
57. Town in western Saskatchewan
58. Bulk
59. Car part
61. _-friendly
62. Whirl
63. BC-mined stone
65. Soak flax

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good fortune will come your way this week and don't let anyone tell you that you do not deserve it. On the work front you will see openings and opportunities before your rivals.

Taurus April 21 - May 21
You must watch what you say today. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person it could be you who suffers.

Gemini May 22 - June 21
You expect perfection, of yourself and others, but the planets are urging you to be less demanding. You don't have to push yourself to your limits and beyond. Others would like you to be more laid-back, too!

Cancer June 22 - July 23
You can now start to give form to a dream that you have been carrying round in the back of your brain for many years. It might be outrageous but it's what you want to do.

Leo July 24 - Aug. 23
You need to get serious about a long-term ambition. There is every reason to believe that some kind of breakthrough is imminent, but don't just sit there and wait for good things to land in your lap.

Virgo Aug. 24 - Sept. 23
If there is something you have wanted to do for years but never quite got around to, now is the time to get your act together and show the world what you are capable of.

Libra Sept. 24 - Oct. 23
If you trust your instincts and follow your hunches over the next few days you can and you will accomplish great things. Anything of a creative nature is especially well starred.

Scorpio Oct. 24 - Nov. 22
No matter how difficult recent weeks have been what happens today and tomorrow will surely convince you that a corner has been turned and the good times will soon be back.

Sagittarius Nov. 23 - Dec. 21
Get rid of all feelings of regret and remorse. There are some things you did that you now wish you had not, and there are some things you did not do that you now wish you had, but so what? Live for the moment.

Capricorn Dec. 22 - Jan. 20
What goes right over the next few days will more than outweigh what goes wrong. You seem to have a knack for knowing who the winners will be.

Aquarius Jan. 21 - Feb. 19
What is it that you really want? The message of the stars today is that you will never be truly happy unless you do your own thing, but first you must be clear in your mind exactly what that is. Think then act.

Pisces Feb. 20 - March 20
You will be swamped with offers over the next few days and you may have a hard time deciding which ones to accept and which ones to reject. Ask a trusted friend or family member.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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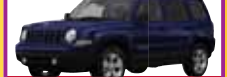
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**2015 RAM 1500 CREW
4X4 SXT**

Reg. \$46,640 | Discount \$16,650

\$29,990 OR **\$193 BW**



NEW

#sp7585/sa1700

**2015 RAM 2500
POWERWAGON 4X4**

Reg. \$59,995 | Discount \$11,965

\$47,990 OR **\$281 BW**



NEW

#sp1244/sa9107

**2015 RAM 2500
CREW 4X4 SLT**

Reg. \$55,660 | Discount \$10,670

\$44,990 OR **\$263 BW**



NEW

#sp7050/sa1800

**2015 RAM 3500
CREW CUMMINS 4X4**

Reg. \$67,760 | Discount \$17,770

\$49,990 OR **\$295 BW**

CONTACT US TODAY!

All prices are net of GST and include all dealer discounts and manufacturer rebates. File photos used, vehicles may not be exactly as illustrated. Payments based on 96 mos term at 4.99% and are OAC. Example: New 2015 Dodge Journey R/T for \$299,900 at \$173 b/w for 96 mos at 4.99% with cov \$6313. Please contact us with any questions on vehicles, options, terms, pricing.

* - 0% financing for 72 mos on Ram 1500's OAC is not available on Ram 1500 Regular Cab models.

** - 0% financing for 72 mos on Cherokee and Fiat OAC is not available on 500L models. 0% financing on Gr Caravans is OAC.



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SALES HOURS: MON TO THURS: 8:30AM TO 9PM FRI TO SAT: 8:30AM TO 6PM SUN: 11AM TO 4PM